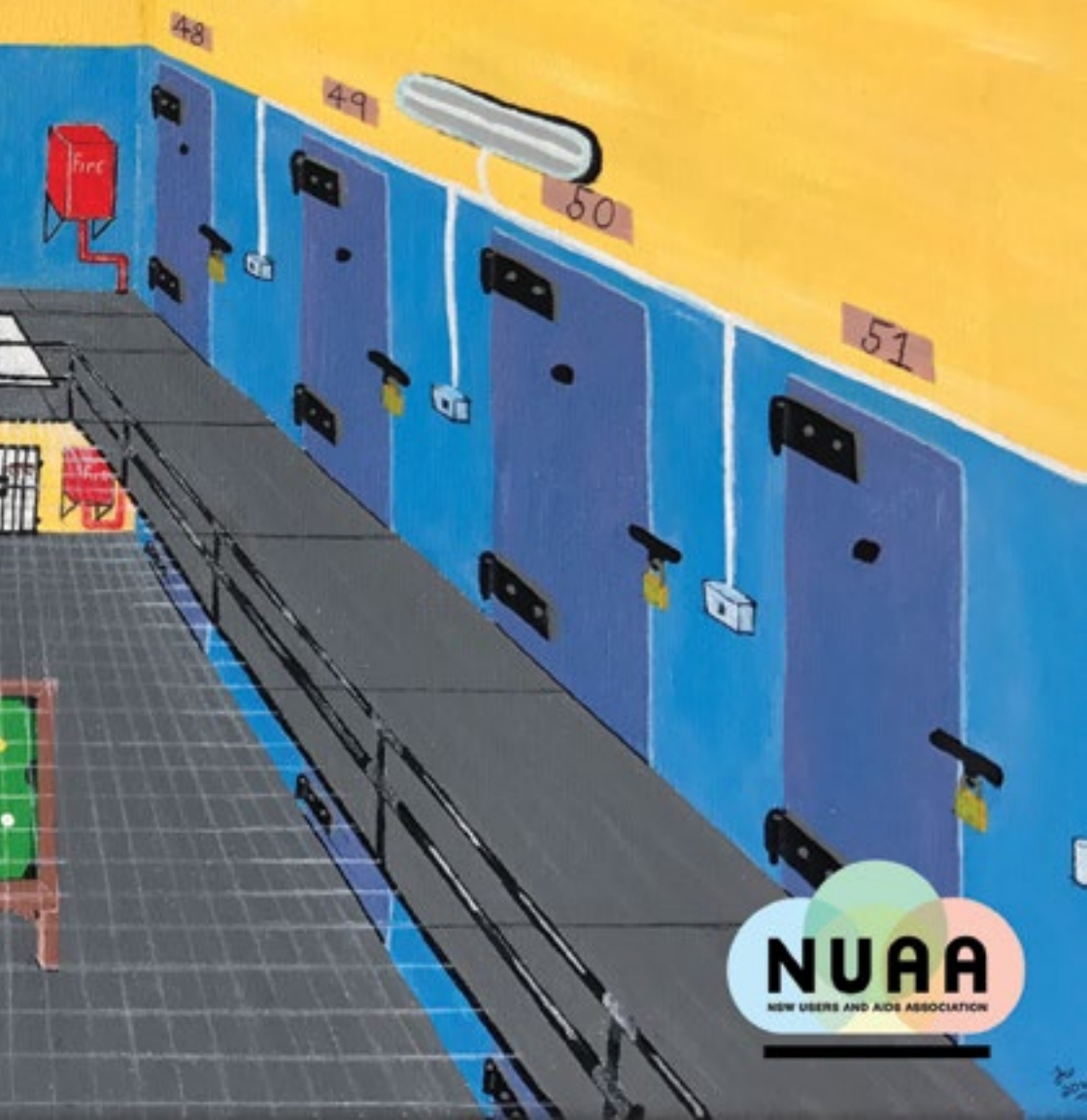


INSIDER'S NEWS No. 5



JANUARY 2019
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ACKNOWLEDGMENT OF COUNTRY

NUAA would like to show respect and acknowledge the Gadigal people of the Eora nation as the traditional owners of the land on which Insider's News is published. We respectfully acknowledge all Aboriginal nations especially those within NSW where this magazine is distributed.

INSIDER'S NEWS

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It's All About Connecting



Talking to inmates is the most fun we have in this job and lately the Insider's News (IN) team has been well happy! We have been into 6 jails in the last few months to do awesome interviews as well as speaking with several of our peers who have recently got out of jail.

In our travels, we also had the pleasure of looking at some great art at Long Bay's Boomgate Gallery. The cover picture is from yet another talent discovered by the gallery, Jamie Woodruff.

Not only that, we have been receiving mail from all over NSW and are very proud that you seem to like the mag!

Some of you have specific issues and we try to help when we can. This usually means discussing it with NUAA's partners in IN like the NSW Justice Health and Forensic Mental Health Network, Corrective Services NSW and the NSW Ministry of Health.

Some issues are complex and will take all of us working together to solve, but we are pleased to report that there is much goodwill in finding harm reduction solutions. The production of IN itself is a wonderful example of coordination around the health of inmates. Another example is HIPE (Hepatitis in Prisons Elimination) that so far has seen 833 inmates tested for hep C and more trained in how to be safer and healthier in jail. This Justice Health initiative has used guest speakers from NUAA and Hep NSW to get the message across. There has also been training of both staff and inmates in FINCOL use by Justice Health that will lead to better access to FINCOL in jail. Additionally, there is a review of a new way to take bupe – monthly injections of Subutex – which is being trialled in specific jails. We really hope this development may lead to more inmates on the program.

It is great to be able to help with your problems and we want you to know that as your peers we are here to “hear” you. We totally get where you are coming from.



We want you to know how inspired we are by your knowledge and self-awareness.

We also want you to know how inspired we are by your knowledge and self-awareness. So many of you told us about how you are motivated by the things that are important to you, and that you have decided you need to be safer and healthier in order to be someone you are proud to be and that your families and friends can depend on.

This issue is devoted to how to stay safer if you use in jail, so you go home healthier. We have lots of resources about how to prevent the hep C and HIV viruses. Much of the info comes from tips and hacks you have worked out yourselves, making the best of what you have in jail. Your resourcefulness is mind-blowing! We hope you benefit from each other's ingenuity and self-esteem, and from IN's best peer and expert knowledge and advice.

Happy reading and keep writing to us!

Love

Leah xxxx

Gray's Letter

Work That Body



Dear Insider's News

I think your magazine is a really productive one, so I wanted to write and tell you how I stay positive and away from drugs in jail.

I have a long history as a user and have police charges ranging from car theft, break and enters, physical violence and drug possession. But over the years I have come to believe that the positive effects of physical activity can eventually outweigh the "feel good" effects of drug use.

I have always been a believer in having a healthy body. I grew up near the ocean. It's been my passion my whole life and I've always known I would live by the ocean. The ocean and surfing kept me physically fit, even when I was using a lot of drugs. It also helped when I decided to stop using.

I believe gradually engaging in physical activity can really help a person make more positive life-style choices. Exercise has very positive outcomes, improving one's physical and mental approach to life. Great things happen when you begin to partake in some form of physical activity, whether that be with a training partner, in a team environment or by yourself. Exercise can really work as a drug replacement and it's a positive habit you can start to develop in jail that will carry you through your life.

Thanks for your time,

Gray

Great things happen when you begin to partake in some form of physical activity



Dear Gray,

Lots of people tell me that they use the time they are in jail to get their bodies healthy.

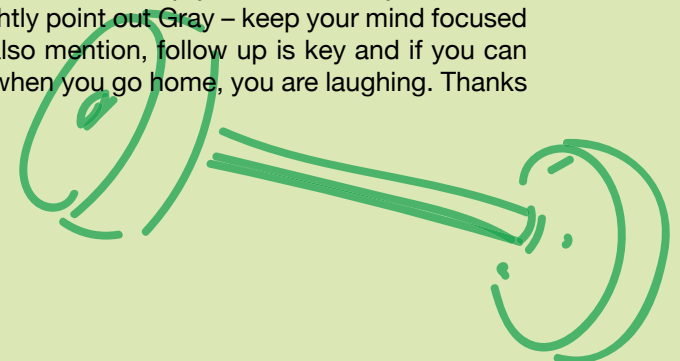
There are many ways of approaching fitness inside. Some of the girls tell me that if they are in a jail with limited opportunities to get fit, they organise themselves. Rather than whingeing or relying on someone else to get them sorted, they get a "boot camp" group together to support each other. They might do stretches, cardio, some running or play some games to keep themselves active and move some of the extra weight that can come along with the different diet inside.

Some of the guys have told me that if they are doing physical work, they try to stretch before and after so the effort they put in benefits their body to the maximum. They also stress the importance of doing things properly – like lifting both boxes at work and weights in the yard in the right way so your muscles develop correctly and you don't injure yourself. If you want to use weight machines or free weights and are not sure how, ask someone who knows what they are doing. I know guys in jail who could easily get jobs as personal trainers when they get out, so give them a chance to practice on you!

Not only can working your body give you something to do, it can give you a positive circle of friends, help you work off any tension or anger and – as you so rightly point out Gray – keep your mind focused on the positive. As you also mention, follow up is key and if you can keep those same habits when you go home, you are laughing. Thanks for a great general tip.

Love,

Leah



Talking to Samuel

Using In Jail - The Harm Reduction Way

Samuel has been out of jail around 6 months and is doing well. Because he has experience injecting in jail, we asked him for some harm reduction advice, especially for new inmates. Samuel also tells us that doing courses inside was the best thing he ever did. We think he's amazing.

Using in jail is nothing like outside.

When you're in jail, what you do affects everyone. If someone gets done for contraband, everyone gets ramped. And if you use cleanly, everyone benefits.

The first time you see a jail fit, it's really confronting. Then you go to use it! You're pushing, but the needle isn't piercing the skin. Even if they've just been sharpened, jail fits are blunt as. Using a prison fit means butchering your veins, even if you are near the front of the queue!

Many people think catching hep C is a given if you use in jail, but there's a lot you can do to avoid it. I've seen both ways of using... no cleaning or a single squirt of water vs. cleaning equipment properly with FINCOL. Try and get in a group that takes hep C seriously. My crew did as much as we could. That meant using FINCOL between shots and on all the equipment, not just the fits, having individual spoons when possible, and not letting blood get into the mix. It also means getting tested and treated for hep C and HIV. If you don't have it, you can't pass it on.

Back in the day we had no idea that hot water makes blood set. We thought boiling was the way to get fits clean. We know better now... water or FINCOL, it needs to be cold in order to lift the blood.

If you've ever had a dirty hit or an abscess, you know why you need to use a filter – it keeps the crap out of your mix. Something is always better than nothing when filters are concerned. There are a few things you can use. Fluff. A very small piece of fabric or material. Even ordinary paper or toilet paper – I don't suggest rolling it, it swells too much. Just remember, the trick is to have the needle sit on the filter, so the liquid underneath is actually being filtered.

People use mostly from boredom, it's like a day-long

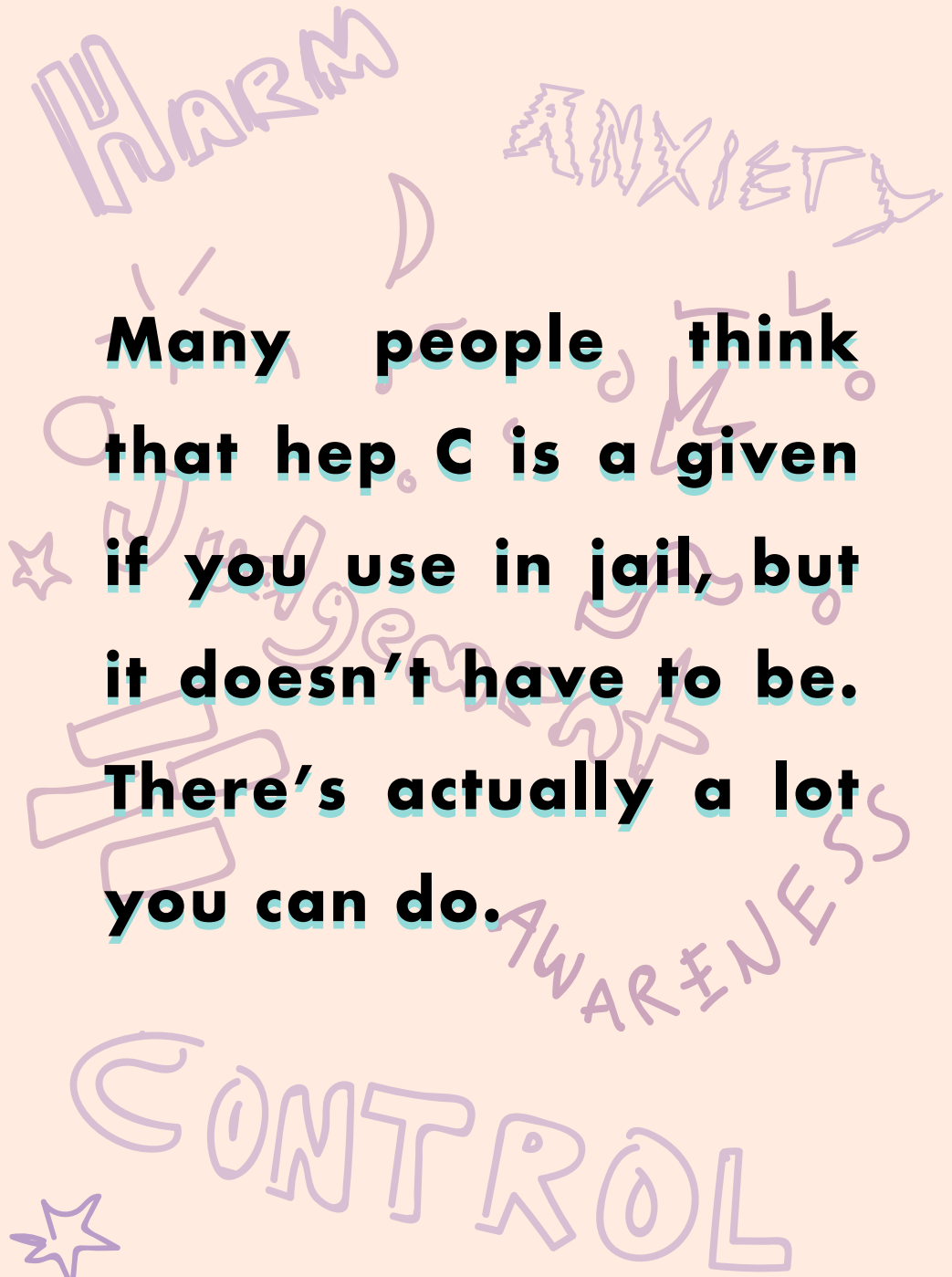
People use mostly from boredom, it's like a day-long holiday. But forming a habit is a quick way of getting yourself knocked. It's easy to get credit – I mean, you're not going anywhere – but if you can't pay your bills you're in big trouble. I say to newbies – be careful, the rules are different inside. The gear is very expensive and the money path is tricky.

You need to be aware that the longer you are in jail, the less judgemental you become which may mean relaxing your standards around harm reduction. And remember, others may be too anxious or depressed to manage their health and safety as you do. A prisoner without hope is dangerous or dead.

I found hope through learning about myself in courses and therapy inside. I didn't do courses to improve myself. Some you have to do, and others I did to get a tick for parole. The amazing thing is, I learnt things I'd never heard of before. Growing up, I didn't learn to think about why I did things. All I knew is that I was fucking up constantly and I didn't know why. It was just – here I am in jail again – without knowing why.

The courses gave me a language to deal with that stuff. I honestly thought a 'trigger' just meant part of a gun. I didn't know it was what motivated you to act a certain way. Other terms - like 'anger management' and 'depression' - just weren't in my world.

Another was 'we are products of our environment' – that meant nothing to me, but now I know that it means that how you are treated, where you live and how you are brought up have a big effect on the sort of person you are. I wasn't just being an arsehole, there were reasons why I behaved how I did. I learnt that hurt people hurt people.



**Many people think
that hep. C is a given
if you use in jail, but
it doesn't have to be.
There's actually a lot
you can do.**

I also learned that you can undo that influence, once you understand it.

The most powerful lesson was about the effects of anxiety on my decision-making. I remember a guy with only 3 months to go shivved and killed a bloke in a fit of temper. Everyone wondered why, so close to getting out. I realised that his anxiety about getting out had him wound so tight that he just snapped when pushed.

I used to think I couldn't control my anger. Now I realise how much I am motivated by anxiety from past traumatic experiences – like waking up with a dozen cops in your room and a gun against your temple. That stuff stays with you.

The other amazing thing is all my mates have done the courses, so we have the language to talk about this stuff and share our ideas. It's like we have all come to awareness together.

I really believe I would be dead if it wasn't for those courses – and I don't say that lightly. Therapy gave me options. I now make decisions – I don't just let my feelings control me like they used to. I think about consequences. The first time I had enough money for rent or drugs, but not both, and prioritised the rent, I was rapt. The penny dropped, and it changed me forever.



DO IT RIGHT AND SLAY THE DRAGON

Want to make sure you don't get or pass
on hep C or HIV? Flush your fit with
FINCOL and water.

1. **COLD WATER** (DRAW UP + FLUSH) X 3 times
2. **FINCOL** (DRAW UP + FLUSH) X 3 times
3. **FINCOL** Soak the whole thing for 5 mins
4. **COLD WATER** (DRAW UP + FLUSH) X 3 times



Sterilising equipment with this technique before and after use is your best protection. Use fresh FINCOL/water for each step. Do it as often as you can.

GUIDE TO CLEANING USED SYRINGES

LOOK AFTER YOURSELF AND YOUR MATES

When you share fits with other people, it means that you're also going to be sharing blood... and maybe blood-borne viruses such as hepatitis C and HIV. You should clean your used syringe as often as possible – preferably before and after every time you inject yourself or someone else.

Follow these simple steps to sterilise your equipment to make sure you don't get or pass on hep C or HIV.

Tip

You don't actually need 10 different containers! You can use the same container for every step, just give it a rinse in between.



YOU WILL NEED...

6 x containers of clean cold tap water, freshly poured

4 x containers of Fincol as mixed by the dispenser.

STEPS TO CLEANER EQUIPMENT

1. Wash hands thoroughly with warm soapy water or wear gloves

- Draw up water from first water container and fill up syringe all the way.
- Flush out, pushing hard.
- Repeat 2 more times, using new containers or fresh water each time.

2. Rinsing out the blood

- Draw up water from first water container and fill up syringe all the way.
- Flush out, pushing hard.
- Repeat 2 more times, using new containers or fresh water each time.

3. Killing the virus

- Draw up Fincol from first Fincol container and fill up syringe all the way.
- Flush out, pushing hard.
- Repeat 2 more times, using new containers or fresh Fincol each time.

4. Cleaning and sterilising

- Draw up Fincol into syringe all the way.
- Soak the whole syringe by covering with Fincol in a new Fincol container.
- Leave for 5 minutes.

5. Rinsing the chemicals away

- Rinse the outside of the syringe under running water from the tap.
- Draw up fresh water from a new container of fresh water and fill syringe all the way.
- Shake and flush out, pushing hard.
- Repeat 2 more times, using new containers or fresh water each time.

Remember – anything is better than nothing! If you don't have time to soak, just flush with cold water, then Fincol, then cold water again! If you don't have access to Fincol, just flush with cool water 3 times.

PLAN AHEAD! We know that a lot of injecting happens in the yard and on the fly. That means you need to think ahead and work out how you can clean your fit between shots to look after yourself and your mates.

**DESPERATE TIMES CALL
FOR DESPERATE MEASURES**



If you can't get FINCOL no matter how hard you try, draw up and flush your equipment in cool water 3 times.

**RINSING EQUIPMENT WITH COOL TAP
WATER HELPS REMOVE BLOOD THAT
CARRIES HEP C AND HIV.**

Your best protection is FINCOL. If using water alone, make sure it is cool (hot water will set the blood), then fill the barrel as much as possible and push the water out hard and fast. Repeat minimum three times, changing the water for each flush. Clean equipment immediately after it's been used and between each user.

**THERE'S NOTHING LIKE
COLD WATER TO GET THE
BLOOD MOVING**



To get rid of blood, clean equipment with cool FINCOL and cool water.

**USING COOL/COLD FINCOL & WATER WILL
CLEAN BLOOD FROM EQUIPMENT.**

**DO NOT USE WARM/HOT FINCOL OR WATER -
IT JUST SETS BLOOD HARD AND IT STAYS PUT.**

Sometimes FINCOL is made up with hot water and may come out of the dispenser warm if it is fresh. Wait for it to cool down before you use it. You can cool FINCOL yourself by placing a cup of it in a container of cold water. Water used for cleaning equipment should always be cool too, so use the cold tap.

WASH BLOOD AND BACTERIA FROM YOUR HANDS!

You can't always see blood and bacteria on your skin - but they're there.



It's simple. It's quick. It works.

WHY?

Hand washing reduces the risk of blood borne virus or a 'dirty hit'.

WHEN?

Always wash your hands before and after injecting yourself or others.

If you're injecting multiple people, always wash your hands between each person.

HOW?

1. Wet your hands and lather up with detergent or soap.

Tip: Pump packs are best but the trick is to get it super sudsy.

2. Friction is the key! Rub well between each finger, your wrists, front and backs - get in all the creases.

Tip: Rub as long as it takes to sing a verse of happy birthday!

3. Rinse under running water, holding hands down.

Tip. Warm is best if you can get it.

4. Use a paper towel to dry your hands then turn the tap off.

Tip: Paper towel has the least germs. A clean cloth towel is next best.

ON THE GO?

USE FRICTION - RUB WITHOUT SOAP, OR USE FINCOL.

WEAR GLOVES - JUST MAKE SURE YOU USE A NEW PAIR EACH TIME.



Possible Risks

Hepatitis B

Hepatitis C

HIV

Bacteria leads to various infections - Endocarditis, Abscesses, Cellulitis & Dirty Hits

Remember! Doing what you can is better than doing nothing.



**FINCOL
IS FOR
PUSSIES?**

**Champions protect others and
don't spread hep C and HIV.**

**IF YOU CLEAN SHARED
EQUIPMENT WITH FINCOL BEFORE
AND AFTER YOU USE IT,
EVERYONE WILL BE SAFER.**

**Find out if you are living with hep C and if you are, how to get rid of it. It's easy to get tested and treated - just ask a nurse. You can't pass hep C on if you don't have it! Be as safe as you can. Don't bring it home to your family and friends!*

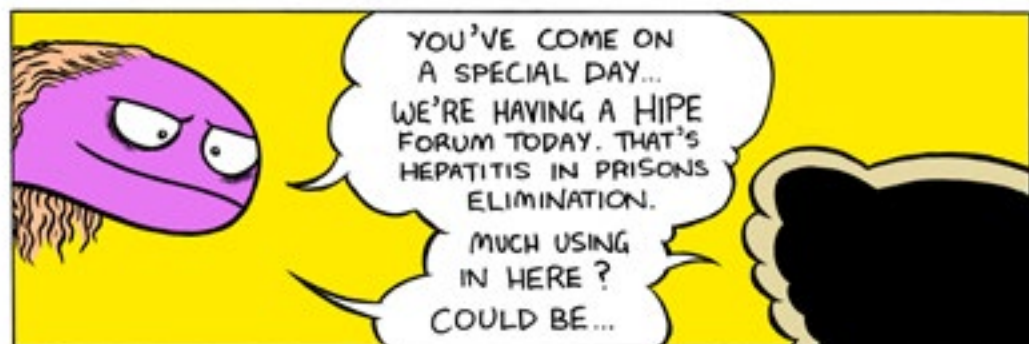


**SOMETIMES YOU DON'T
HAVE A CHOICE BUT TO
DO IT YOURSELF**

**Concentrated FINCOL must be activated
with water. So what if there is no activated
FINCOL in the dispenser?**

**TO ACTIVATE FINCOL:
MIX 1 TEASPOON (5ML) OF
FINCOL IN 1 & 1/3 RED 'JAIL'
CUPS (320ML) OF WATER.**

FINCOL 'straight' from the bottle is very dangerous. You must cover bare skin, protect your eyes and take care to not breathe it in. If it splashes, flood your skin with water and get medical care. BE SAFE!



IT'S JUST 3 TIMES WATER,
THEN 3 TIMES FINCOL.
THEN SOAK IN FINCOL,
THEN RINSE IN WATER AGAIN!

① ② ③

You get in every nook and cranny
to get rid of the Hep C-C-C-C

Let's do the FINCOL again!

Well I was walkin' in the
yard just havin' a think ♪
When this goanna of a guy
gave me an evil wink
He showed me a fit, he'd had
it FINCOLED swell,
but the spoon and the tools
weren't done so well
I said blood's still there even
if it's not seen,
FINCOL's gotta go everywhere
you've been!

Let's do the FINCOL again!



THAT'S AWESOME,
HOW'S THE HARDWARE
HERE THEN?

LET ME INTRODUCE
YOU TO...

FRANKENFITTER

I'M DELIGHTED TO MEET YOU!
IT'S TRUE THAT I'M THE
BIG WHEEL IN STEEL.
FOR I AM AN INVENTOR, AND
I ENJOY TINKERING...

SO FRANK - I HEAR YOU HAVE
SOME INTERESTING THINGS
FOR US TO SEE?

COME UP TO THE LAB... AND
SEE WHAT'S ON THE SLAB.
I SEE YOU SHIVER, WITH ANTICIP...



THIS IS THE **SNAKE** THOUGH BORN
BEHIND BARS
THIS NEEDLE CRAVES
FREEDOM!

IT LOVES TO
GET LOOSE
AND SLITHER
THROUGH YOUR
VEIN.
UP 'TIL NOW
WE MANAGED
TO CATCH IT
BEFORE IT
GOES TOO
FAR!



CRIMEY!

BUT YOU COULD BE
THE ONE WHO IT CHOOSES
TO GO ALL THE WAY
WITH!



THIS IS THE **PIRANHA** SHREDDING SWEET FLESH
WITH A BITE THAT GETS
THE BLOOD FLOWING.
...IT CHEWS ALL
THE WAY IN...



KNOWN TO
DO **TEN**
YEARS
DAMAGE
IN **TEN**
WEEKS.

FUN FACT:
THE PIRANHA
HAS BEEN KNOWN
TO LIVE UP TO
20 YEARS IN
CAPTIVITY!



AND FINALLY

The VAMPIRE

ITS DESIGN HOLDS BLOOD
IN LITTLE NOOKS & CRANNIES
ON THE NEEDLE & PLUNGER.

THERE IS MORE
BLOOD IN THIS
BABY THAN
COUNT DRAC!



WHILE ALL OTHER FITS MAY
PASS ON BLOOD BORNE VIRUSES
LIKE HEPB, HEP C AND HIV...

ONLY THE VAMPIRE
GUARANTEES IT!



THEY'RE A CREDIT
TO YOUR GENIUS,
FRANKIE.

THEY'RE OK.

"OKAY"? I THINK WE CAN
DO BETTER THAN THAT!



WHAT DO YOU THINK
FIBBLE & STEELY?

ARE YOU CRAZY? GUARANTEED
HEPATITIS & HIV? WHY NOT THROW
IN A BONUS DIRTY HIT & A
PUS ABSCESS!



Well it was
great when it
all began, I was
a regular yard using
fan,



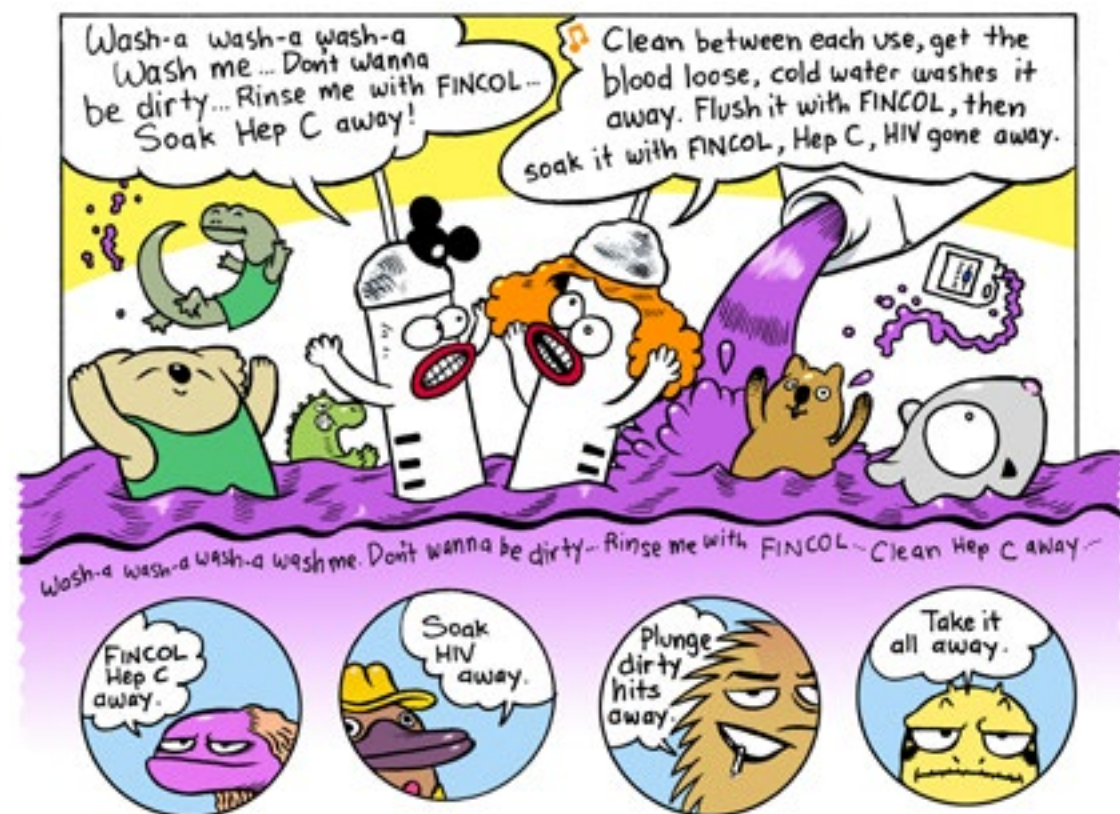
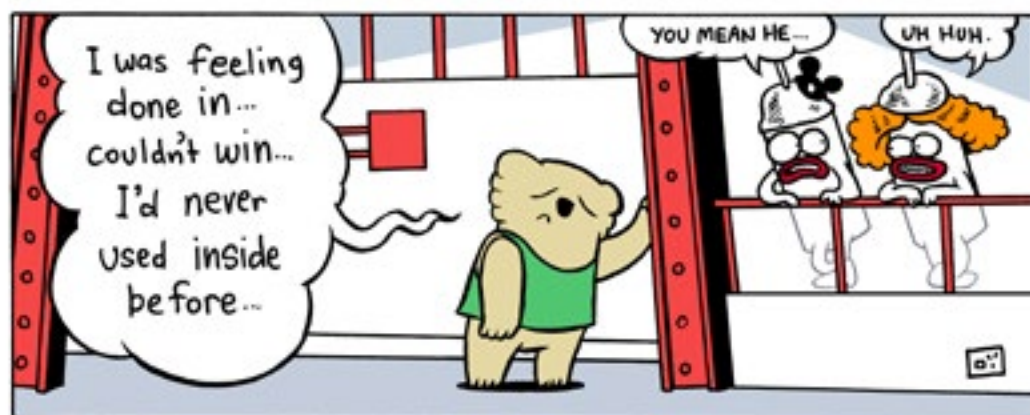
but it was over when
the medical man
said I had Hep C
and an abscessed
skin...



Now I wash hands,
fits, spoons, everything,
I've become a harm
reduction king.



FINCOL and filters keep me safe from a rose coloured sting!



FILTERING

IT'S IMPORTANT TO LOOK AFTER YOURSELF

Filtering your mix helps to avoid dirty hits and protects your veins. Here's how to filter your mix when you're inside.

Why Filter?

When you inject drugs with impurities in them, you can get a "dirty" hit and end up sick (headaches and vomiting) instead of stoned, with all that effort and risk for nothing. It does pass after five or six hours but you can avoid it by using cleanly and using a filter.

Filters also help get rid of any particles in your mix that might get caught in your veins. That may cause hardened veins you can no longer use or you could even lose a limb. Those particles can also get caught in your organs, resulting in organ failure.

Filtering as best you can will decrease the amount of impurities that you end up injecting.

Some people think filters 'steal' their drugs, but only a very small amount may be lost – so small that you won't notice any difference in effects. However, if you're still worried, suck on your filter or swallow it.



What To Use As A Filter

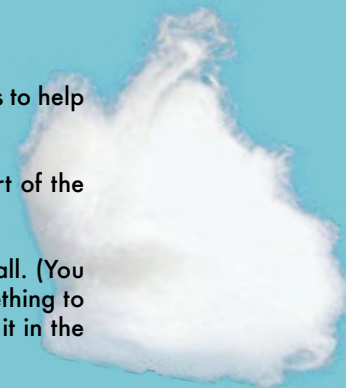
Outside you can use cotton wool, a cotton rollie filter, cotton from the end of an ear bud, a tampon or get drug-specific filters like Sterifilts or wheel filters from a chemist or NSP (Needle and Syringe Program / needle exchange).

Inside, you may need to be more inventive. People who have used inside suggest some options. Whatever you use, make sure it's clean and don't reuse it.

- Cotton from tampons or pads (a top option as these are sterile)
- Tea bag cotton string or filter paper
- Small piece of paper towel, writing paper or toilet paper
- Stuffing/fluff
- Tiny piece of clean fabric

How To Filter

1. Wash your hands or use gloves before handling filters to help avoid injections and dirty shots.
2. Take your filter from the centre or least handled part of the cotton, tampon, fluff, paper etc.
3. If using cotton string or fluff, press into a tight, tiny ball. (You can roll paper into a ball too but you need to use something to keep it tight and stop it swelling when wet, like putting it in the end hole of a safety pin.)
4. Float a very small piece in your mix – it only has to be slightly bigger than the needle end.
5. Rest the needle lightly on top so that you are pulling the liquid into the fit through the filter.



A Double-Filter Technique

This will help get as much gunk out of your mix as possible.

1. Gather your filter material.
2. Split your filter material into two small tightly packed balls.
3. Put the first filter in your mix and balance the second one on top of the first one.
4. Draw up your mix through the filter on top. Particles will not only get caught in the filter material, but in the gap between the two of them.

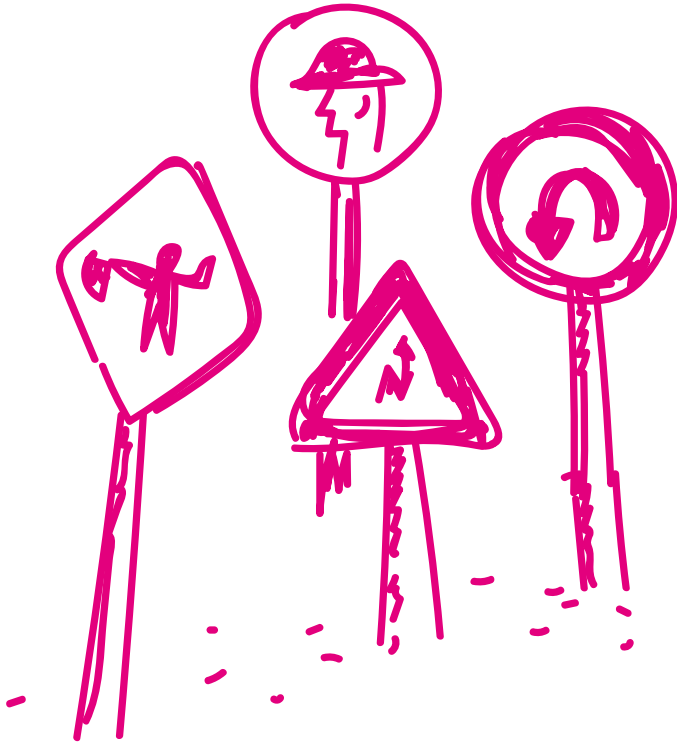


Remember!

Any filtering is better than none!

RISKY BUSINESS

Using drugs in a custodial setting is illegal. From a safety point of view, bupe should not be injected.



Buprenorphine (bupe) comes as either Suboxone (buprenorphine/naloxone film, aka bupe strips), or Subutex (buprenorphine tablets). Both the film and tablets are meant to be taken sublingually, that is, placed under the tongue until they dissolve. If you take them this way you will get the most out of them. If you inject bupe in either format, it won't be as strong and it won't last as long as if you had just melted it under your tongue.

Injecting buprenorphine is risky — even if you have all the time in the world and access to new, sterile equipment including a wheel filter.

There are of course all the usual risks involved with injecting inside. To avoid a blood borne virus like hep B, hep C or HIV/AIDS, you need to use FINCOL to disinfect your fit / spoon / tourniquet and any other shared item that might get blood on it. Do this between each person if you possibly can. At least wash with cold water. Whether using FINCOL or water, fill the barrel then push the liquid out hard.

Naloxone is added to bupe for the sole purpose of making injecting bupe unattractive. Naloxone is used to reverse opioid overdose; you may know it as Narcan. It doesn't become available to the body if you use it orally but does if you inject it. In fact there are cases where opioid overdose has been reversed using IV Suboxone. The naloxone in Suboxone means that the opioid - buprenorphine - doesn't work if you inject it. The opiate is literally knocked out of the receptors in the brain. If you do feel anything when you inject Suboxone, It's probably just excitement. In addition, if you are dependent on opioids, you may go into instant withdrawal if you inject Suboxone unless you are already feeling withdrawal symptoms.

Injecting film or tablets puts you at risk of filler particles entering your body. The gums, starches and additives in Suboxone can thicken in your blood and the chalk/binders in Subutex can get inside your lungs or harden your veins. Remember that anything that dissolves in hot water may harden again once the mix cools. To avoid that happening in your body, use cold water from the start. A gluggy mix can cause serious problems, including amputation of limbs, so using plenty of water and filtering your mix properly are essential to your safety. On the outside we recommend a wheel filter. Inside we recommend you double filter twice. This means you place one filter (cotton or paper) on top of another, draw the mix up through the top one, remove/swallow the used filters, eject the filtered mix back into the spoon, add a bit of water then filter the mix again with fresh filters.

If the bupe you're using has been in someone's mouth, then the bacteria from their mouth will be transferred to your mix then to your body and you may have a dirty hit or get an abscess or other infection. For this reason, on the outside we recommend the finest wheel filter there is — a blue, bacterial wheel filter. Inside, we suggest you filter an additional time using the double filter method.



JUST ADD WATER

Your mix goes into your body and ends up in major organs. Paying attention to the water you use in your mix can help you avoid dirty hits and abscesses.

As a rule, if you wouldn't drink it, don't inject it. However, water that is safe for drinking may not be good enough safe? to inject.

Here are a few things that will help when deciding what water to use for mixing up with.

RUNNING WATER IS BETTER THAN STILL WATER

TAP WATER IS BETTER THAN BOTTLED WATER

COLD WATER IS BETTER THAN WARM/HOT WATER

KEEP CONTAINERS FOR WATER CLEAN

AS ALWAYS, DO THE BEST YOU CAN GIVEN YOUR CIRCUMSTANCES!

Running water (ie tap water) has less bacteria or impurity than still water, meaning it's safer to use to mix up.

Water grows bacteria very quickly when it is left to sit. We can process bacteria in our stomach that our veins can't tolerate.

In NSW, tap water is of a high quality in terms of purity (as long as the pipes are in good order).

Let the water run for a little bit so you're not just getting the water that is sitting stored in the pipes. Use it as quickly as you can so it's not sitting around growing bacteria.

Water that has been sitting in a container or bottle becomes loaded with bacteria very quickly. That includes bought bottled water like spring, mineral or distilled waters.

Go for the cold tap. Cold water is better to mix with. This is because small particles that dissolve in hot water but not in cold are likely to re-harden once your mix cools down. If it's already in your body when that happens, you may get a blood clot which can lead to amputation or a particle may lodge in one of your organs which can lead to death. This is particularly important if you inject pills or films.

Keeping your water clean and clear can be tricky. Wipe the tap opening so the water comes out of a clean place. Make sure any mug or bottle you use to carry your water is clean. Pay special attention to spoons or whatever you mix up in. If any container has had a used fit near it, disinfect with FINCOL before using it for your water.

SOMETIMES YOU NEED TO WATCH THE CLOCK



Activated FINCOL stops working after 12 hours. It must be thrown out and made new everyday.

FRESH FINCOL FROM THE DISPENSER KILLS VIRUSES

FINCOL only lasts 8-12 hours after a sweeper or guard has activated it (by mixing it with water) and put it in the dispenser. Some dispensers activate/mix it automatically. Any activated FINCOL in dispensers or other containers must be thrown out after 12 hours. Do not use expired or undiluted FINCOL.

ABOUT ABSCESSES



What Is An Abscess?

An **ABSCCESS** is a localised bacterial infection that may be caused by unsafe injecting practices. The abscess will be a tender mass on your skin that is red or pink. It will feel hot and sensitive to touch.

How Do Abscesses Form?

When your white blood cells attack the bacteria, some skin and muscle can die, creating a hole. This then fills with pus, forming an abscess. People with weakened immune systems need to be extra careful as they may get infections more often. This is because their bodies are less able to fight infections.

What Should I Do if I Think I Have an Abscess?

- ✓ Get to the clinic for treatment as early as possible. Abscesses usually need to be treated with antibiotics to clear the infection and the pus may need to be drained.
- ✓ If the abscess is small (less than 1cm), applying heat may reduce swelling. You can do this by holding a warm, clean cloth to the area for about 30 minutes 4 times a day.
- ✓ Monitor your abscess by drawing a line around the red skin. This helps you and clinic staff keep track of whether the infection is spreading.
- ✗ Do not attempt to drain the abscess by squeezing or pressing on it. This can push the infected material deeper.
- ✗ Do not stick a needle or other sharp instrument into the abscess center. Doing this could/may injure the blood vessels under your skin or cause the infection to spread.

How Serious Can It Get?

You must get to the clinic urgently if you have any of the following symptoms:

- A temperature over 38°C
- Chills/sweats
- Extreme pain at the abscess site
- Red area grows past the marks you made
- Red streaks appear above the wound
- Soreness when you try to move the infected area
- Dizziness, passing out, confusion

If you delay, you risk loss of limb, organ failure, or death.

How Do I Avoid Abscesses?

You can reduce your risk of abscesses by following safer injection practices. These include:

- Washing hands or wearing gloves before and after injecting.
- Cleaning equipment with FINCOL, including fits, spoons, tourniquets etc
- Swabbing unsterile equipment like spoons and mixing up space
- Filtering your mix

HIPE POSTER COMP

Hep C, drawing and doing time.

For some months now, the Justice Health and Forensic Mental Health Network, Hepatitis NSW and NUAA have been going into jails to do hepatitis awareness forums called Hepatitis in Prisons Elimination, aka HIPE. So far, over 1000 people have been educated about hep C and many of those have been tested. Most of the inmates coming up positive have started treatment very quickly with lots of cures reported.

At each forum, Justice Health reps have announced a poster competition. People are given paper, pens and a range of hep C slogans, and asked to make posters to put up in jails letting people know about hep C prevention, testing and treatment. The winners get money in their accounts and most were planning a bonus buy-up!

Insider's News is thrilled we were asked to go into jails to interview the local winners of the poster comps. We've already printed several personal stories in past issues of the mag and we have plenty more to print. If you were interviewed but haven't seen your story appear yet, don't worry!

In 2019 during the week of Hepatitis C Day (held on 28 July each year), there will also be a big exhibition of selected HIPE posters alongside stories from their makers, held at the Boomgate Gallery at Long Bay.

Here are a handful of new stories for your reading pleasure. Please note that we change all names to protect the innocent.

TREATMENT RECOMMENDED

Ben's Story

Ben got on treatment in jail and is feeling fit and healthy

I started using very young. Everything fell away. I wasn't going to school, just using.

After a while, I decided that wasn't how I wanted my life to go. I decided to join the army so I went back to school to do my School Certificate so I could qualify. At 17, I applied. I was given all sorts of tests as part of the army recruiting process, including blood tests. That's when I found out I had hep C. I had never shared a fit, but I did share spoons and tourniquets and I'm guessing that's how I got it.

To get into the army, I was required to do the treatment and reapply when I was cleared. The only treatment at the time was the old interferon treatment. I had heard plenty of negative things about that, including that it lasted a year and often didn't work. It just seemed too hard for no guaranteed result.

When I came into jail and knew the new treatments were up and running, I hassled and hassled to go on them. I started the meds in Cessnock and finished them at Parklea.

I had to take two tablets every day for 12 weeks. I had a dull headache for the first few days and a little bit of sleeplessness, but no other side effects. I am now hep C free and I highly

recommend the treatment.

I've put on a bit of weight since I cleared the hep C! I'm healthier for it, but I'm now hitting the gym to firm up and get fitter.

I recently went to an information session on hep C held by Justice Health. I had a good idea what was going on in the hep C field, but I have to say the stats were a real eye opener. We've got to keep thinking about hep C because it explodes in jail. Lots of people use for the first time in here. It's because it's boring and using makes the time go easier. The more we know how to prevent hep C, the better.

It's fantastic that treatment is available in jail. It's something very positive you can do for yourself while you're here, something good you can do for yourself.

Hep C was holding me back. I'm so relieved to be free of it and now I'm motivated me to get healthy in other ways. All that will really help me focus on looking forward when I get out of here.

When I came into jail and knew the new treatments were up and running I hassled and hassled to go on them.

BREAK FREE FROM HEP C

NEW TREATMENT

95% SUCCESS RATE



SPEAK TO A NURSE NOW

DON'T GET OUT OF JAIL FREE OF HEP C

30

NO SIDE EFFECTS

TABLETS 8/12 WKS.

CALL 1800 603 990

SHARE FITS OR TATTOO EQUIPMENT

GET TESTED IN STATUS

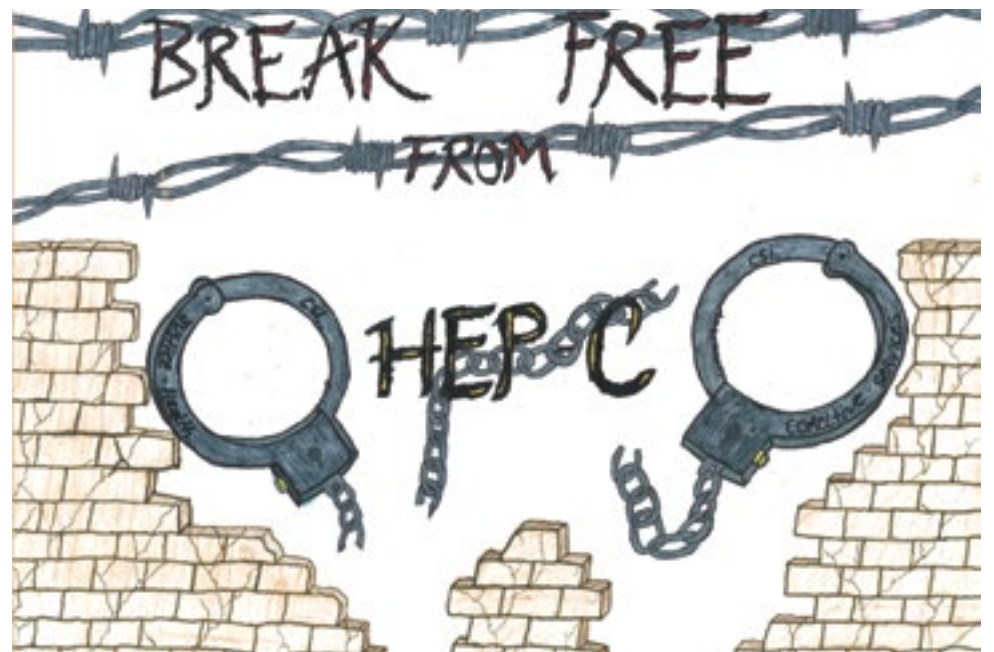
PREVENT TEST TREAT

LIVE DEPT

5x TIMES HIGHER HEP C

IN YOUR MOB! SO GET TESTED NOW

SHANE



Adam's Story

Adam has come a long way since he first shot up inside

I entered the HIPE poster competition mostly for the nurses – they asked me to enter. They are lovely here, I wanted to please them. They also said that I could keep the pencils and pens they gave us to use! That makes a big difference to me as I do a lot of art.

I started to draw in here in an effort to reach my partner. When she got locked up, my letters weren't getting through and she was really upset. I did a beautiful Valentine's Day card – love hearts with wings – which took me more hours than a letter would have, and it got through. So I stopped writing letters and started sending her cards to cheer her up and let her know how much I love her.

I do cards for the guys here too, for their girls. Spending hours on drawing calms me down.

My partner is about to get out. She has been doing the IDATP program and isn't using at the moment. Neither am I. We're really proud of each other. I'm finding it easy because there really aren't any drugs in the jail that I'm in and I've been focusing on my art.

I never used before I came to jail; I started using when I first came here 6 years ago. I've got big holes in my arm from that crash initiation. I actually wanted to stop pretty soon and from what I knew about methadone, I felt it would help me get through. Unfortunately, it's rare to get on methadone in jail – you usually have to already be on the program outside.

When I was using in here I was at my lowest. I didn't care about myself because I felt that no-one cared about me. That's a dangerous state to be in and it can see hep C spread like wildfire. We need to change this, to think more about those around us and ourselves.

I got on methadone when I was released, which helped me stop using. But it wasn't long before I was on the run again and stopped picking up my methadone as the police were hanging around the clinic looking for me. Of course, I started using again straight away. I was picked up anyway but because I was no longer on methadone I couldn't get onto a program in jail. I kept using in jail, but begged to get back on methadone. However, it just wasn't on offer.



We need think more about those around us and more about ourselves.

I really believe the methadone or buprenorphine (suboxone) program should be available for everyone in jail who wants it. I think it would really reduce injecting in jail and the spread of hep C.

I've come to the conclusion that it's important to do what you can when you can to be safe if you are using in here. FINCOL isn't always easy to get in here, especially if you are in the yard or locked down. I've also been in jails where the FINCOL wasn't made up in the dispenser as it should be. So we used to make it ourselves. I knew you shouldn't use it straight, so we were mixing it 50/50 – half FINCOL, half water (NOTE FROM THE EDITOR: If you have to mix it yourself go for 1 teaspoon FINCOL to 1 mug of water at a rate of 1: 64). I'd rather it was available as it is supposed to be so people can use it the right way.

I am glad I had the chance to get my hep C test. It came up positive so I'm going to go on treatment. It blows me away that the nurses seem to genuinely care that I do it and get cured.

The other thing that has really helped me is making cakes! I only felt I fit in with other users in here, but I've got a whole new circle of friends and I feel proud when they praise my cooking. I have my ups and downs and sometimes all I think about is having a shot, but art and cooking are great distractions.

I think Insider's News is a fantastic mag. It's really important to talk about this stuff instead of brushing it under the carpet. Thanks for the chance to talk about it – it makes me feel a bit more "normal" to get it all out!

Lewis's Story

Lewis's beautiful drawing says it all: Don't take hep C home

I have loved drawing and painting since I came to jail. There was an art program in the first jail I was in and I said I wanted to learn to draw. Before that I did the usual art in school thing, but never pursued it before coming to jail. Now I have plenty of time to get my skills up and I really enjoy it.

Drawing is a therapy for me, a meditation. It makes me very happy. When I am in the middle of making an art work it doesn't feel like I'm in jail. I empty my mind and I'm somewhere else.

We have an Activity Buy-up and I got some materials. With the money from this prize I will get some more materials as well – plus some chocolate! I also got some art materials because I entered another comp, a Christian one. I painted a Byron Bay sunrise and wrote on it "God is faithful" and I got the People's Choice Award! I was so pleased.

I really like the compliments I get from making art. I love to get feedback that people like what I do, especially if it somehow means something to them. It's good for my self-esteem in here.

For the HIPE competition I wanted to get a message across about not taking hep C or other viruses or illnesses home to our families.

I am married and have kids, so it's really important to me that I don't take something like hepatitis home to them. Your beloved family is there, waiting for you to come out. When you do get home, you need to reward that love and patience by being the best person you can. You shouldn't be bringing them harm or more grief in any way. I have caused enough grief. No more. I want to go home safe and healthy and be of use to my family.

So for the poster, I sketched a beautiful woman's face that I copied from a magazine photo and added the message "Don't bring it home". The portrait is based on a famous movie star, but it represents the partners of people in jail.



**I have caused enough grief.
No more. I want to go
home safe and healthy and
be of use to my family.**

I went to the HIPE forum we had here, with different organisations talking about hepatitis and how to keep ourselves safe. We also talked about the new treatments. It was great information to have. Not to mention that I remember the yummy chocolates and the great water bottle very fondly!

I especially thought it was a great chance to discuss openly what is usually a secretive, hidden thing. I think hepatitis is too important to keep quiet. We must have a place where we can ask questions easily and find out all the important information about how to stay safe.

I was very concerned that I might have hep C. I did ask for a test earlier but the clinic has been quite busy. But with the HIPE forum we were all tested, and I was really relieved to find out I wasn't living with hep C. To have that confidence that I'm hep C free is amazing. I would like to have tests more regularly, maybe once a year.

I was also pleased to find out from the forum that 98% of people who have hep C are able to be treated and cured. So if the worst happens and you do get it, it is not all doom.

It is important to me to look after my health for myself, but more importantly for my family. I can't go home and step up if I am not healthy. I need to think about them. I have had a lot of time to think about things while I'm in here. For me, I just want to be a better person.

Charlie's Story

Charlie talks about being an older Aboriginal man and how he tries to support young fellas inside.

I really enjoyed the HIPE forum day. It was great to listen to the professionals talk about hepatitis. It was good to hear with the new treatments that if it a young fella does gets hep C in here, he can come back from it. Afterwards I got tested for hep C along with everyone else and it came back negative. I also got the vaccines for hep A and hep B so I'm fully covered.

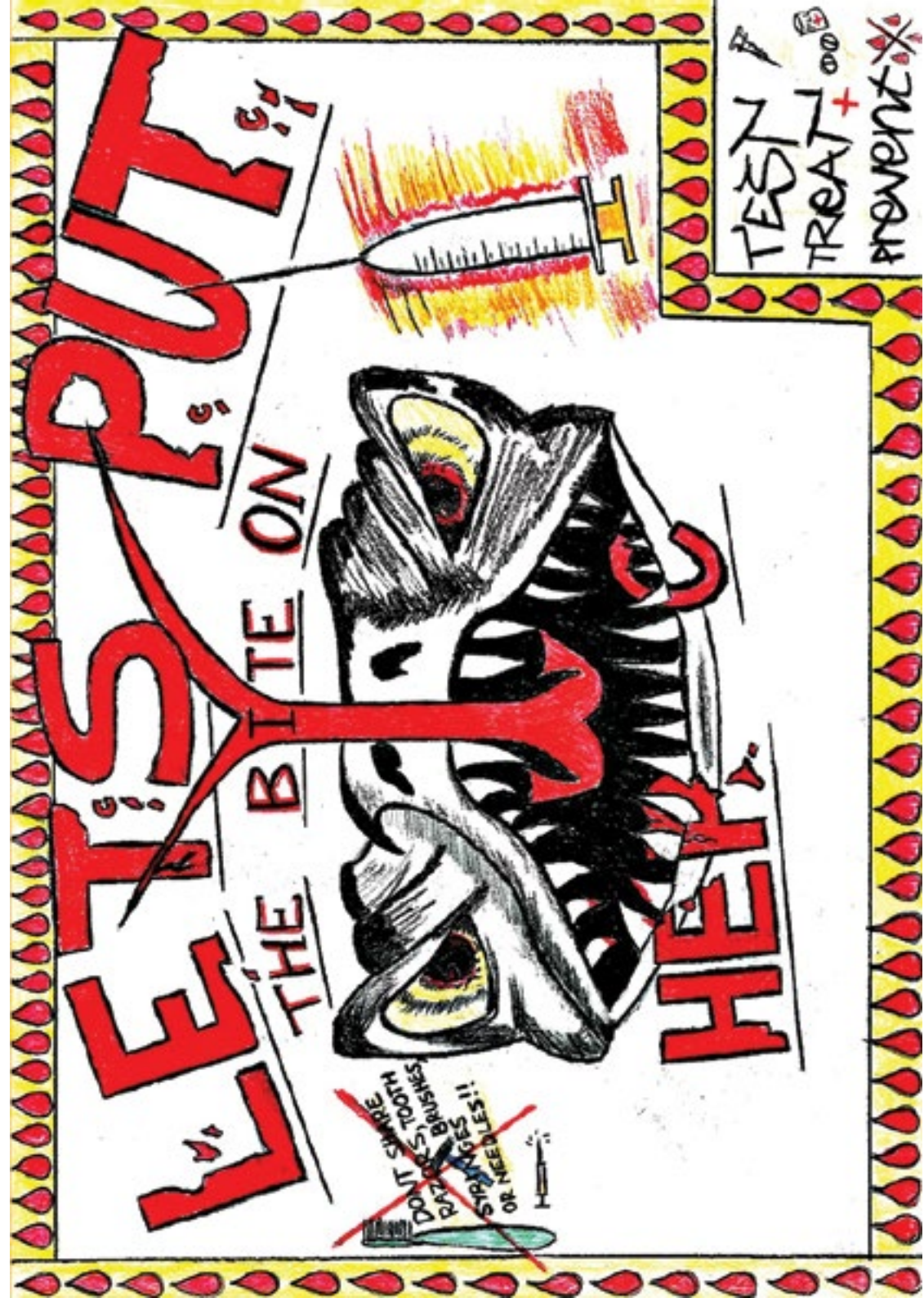
I entered the poster competition because I like to get messages to the young fellas in here about important things like hep C. I come from a large family and we're all pretty close. I think you need a family structure to keep you going. If you don't have family, you need to make one and you can do that through your work community or your friendships or even in jail. I definitely think young blokes need some kind of mentor. In here, I try to help the young guys as much as I can.

I put a lot of thought into the poster, about how to catch the fancy of the young ones and make the image and slogan work together. I didn't want to have anything about jail on the poster – no walls, no bars, no chains. I wanted to catch their eye with a good image. So I thought of a prehistoric cobra-type reptile with evil teeth. They tell me they think it's pretty cool! Then I came up with the slogan about "putting the bite on hep C" to really grab their attention.

I did the poster with a mate – I came up with the ideas and layout and he drew it. He's a good artist. We get on well as friends and we found we worked well together too. I think he did a great job with it. He's gone home now which is why it's only my name on the entry.

My best advice for the young fellas is to steer away from destructive behaviour, especially sharing fits in here. I've seen a dozen blokes use the same fit, one after the other and it's no good.

I also say to them when you get out don't use heavily. The most important thing is to be reliable in life – in your job, in relationships, with family and with money. If you can use and stay reliable then that's ok. You have to be able to work and it's important to do what you say you will.



When you're inside you have to do what you can to make the community work in the most respectful way.

While you're in jail I say take every opportunity to exercise and always eat well. Don't get rubbish in your buy-up. I'm Aboriginal and we're prone to getting diabetes, so for the Aboriginal youngsters I say to be especially careful about sugary foods and soft drinks.

I try to get people to be respectful of each other and respect different ways. If guys are out of line, I'll say "we don't want to hear that rubbish". If it's about women, I'll say: "you've got sisters and a mother – would you like someone saying that about them?" If they grew up without a dad, they might not know that stuff, so I try to show them how to behave.

And the young ones do learn, and they turn around and look out for you too because they realise you are looking out for them. I have them say to me things like "that guy's not hassling you, is he?", you know, all willing to look out for me. I really appreciate that. That's what they can give back and it's good they learn how to stick up for others.

When you're inside, you have to do what you can to make the community work in the most respectful way. Doing a poster to help the young ones avoid hep C is part of that. Like all of life, your time inside is only what you make it. And if we older blokes look after the young ones, we are showing them what a community is and what family should be.

BRADLEY'S STORY

Bradley saw a cellmate suffer from hep C and drew from that experience for the poster comp.

A mate of mine got hep C. We were sharing a cell and I saw the whole thing. It was horrible, he was really crook. He lost weight and went as yellow as Big Bird. They couldn't do anything as far as treatment is concerned until that settled down. If anyone saw what I saw, they would do anything in their power to not get hep C. It made a huge impact on me. I thought, holy shit, that could be me.

Doing the poster, I was really engaged in getting that whole experience down. That's how he explained he felt and that's how I felt seeing him going through it. He talked about the struggle, the desire to just get free of the virus. So that's what I drew.

I hope my poster makes other people think hard about what it actually is like to have hep C. Maybe some people don't get symptoms but for my mate, it was hell.

I enjoyed going to the HIPE forum and learning more about hepatitis. It was valuable info and I'm the type of person who likes learning everything. I have 5 different degrees and I'm learning different skills in here as well – everything from building to horticulture.

I've always loved to draw. I do a lot of drawing in here and it's really improved because I have a lot of time to practice.

I do a lot of drawing for my son. He is developmentally delayed so I draw a lot of learning aids that my wife can use with him. I'm also writing and drawing a kids' book. I draw a lot of cards for the boys to send to their families. There's a couple of us who like to draw in here and a few guys have picked up drawing because of us. I also write letters for people and read stuff for them – where I have the skills to help the boys, I just do what I can.

A lot of guys use needles in jail because there is nothing else to do. And that's fine, but they need to think about how to avoid hep C. They'll clean the fit with FINCOL but only once a week, or between drops. When the gear is there, it's just out of one arm into another with no thought about hep C.



A mate of mine got hep C... I thought, holy shit, that could be me.

I figured out for myself what's safe and what's not. I'm not one to say anything to anyone else, I mean you've got to do your own jail, but I wonder if other guys don't give a shit or if they don't know how to do it and don't know how or who to ask. I think the important thing is leading by example. If someone doesn't show the guys what to do, they're not going to know. I do think if they had seen how sick you get with hep C, they would think twice about taking it so lightly.

I have to say that all the tattooing I have seen in jail has been good. I've only seen guys who are real tattoo artists on the outside and they are dedicated and really finicky. They are religious about looking after their equipment. It's FINCOL all the way and a new pin for each person – usually you have to bring your own. And the results are great. I'm pleased that some guys have chosen to get my artwork tattooed.

I've been tested for hep C and I'm healthy as. I'm getting out in about 10 months and I want to make sure I go home healthy and fit. It's a lot harder doing the time when you have a family on the outside but it's a good motivator for staying healthy.

There's only a certain amount the clinic can do. You have to do your own thinking and decide what's important to you. And if it's your family, well you can't be selfish, you have to take steps to make sure you are keeping them healthy and safe.

I'd never been in jail before and my family are my lifeline. I need to repay them by ensuring I am of maximum use to them. Learning what's important to me has been a very hard lesson. I've been really selfish and that got me here. No more.

BE OVERDOSE AWARE!

- If you can't wake someone
- If their breathing is not smooth or regular
- If they are snoring with gurgling or choking sounds
- If their lips and fingertips are blue (if light skinned) or grayish (if dark skinned)

KNOCK UP NOW!
AND HOLLER FOR HELP

**EVERY SECOND COUNTS
WITH OVERDOSE!**



**TIMING IS
EVERYTHING**



**CLEANING A FIT IMMEDIATELY AFTER
USE GIVES YOU THE BEST CHANCE TO
STAY FREE OF HEP C AND HIV**

Step 1 - Fill the syringe with cool water and push it out hard 3 times.

Step 2 - Repeat with FINCOL 3 times.

Step 3 - Soak in FINCOL for 5 minutes.

Step 4 - Fill and rinse the syringe with cool water 3 times.

No time? Do as many steps as you can, always finishing with a cool water rinse. No FINCOL? Just do step 1, filling and rinsing your fit in cool water 3 times.

IT'S ALL IN THE TECHNIQUE

Worried about getting hep B, hep C or HIV/AIDS?

Been treated recently for hep C and don't want to risk getting it again?

Abscesses and dirty hits happening too often?

Veins so damaged you are wishing you could grow another arm?

Do you think about organ collapse from injecting particles because you can't filter properly?

It may be worth your while to think about the costs of injecting compared to the benefits.

Injecting carries a lot of risks even on the street where you can easily and legally get sterile fits, water and filters for free; can sterilise spoons, surfaces and your body with swabs; and everything is one-use only!

You don't need us to tell you that injecting is a lot less safe in jail, even if you follow all the harm reduction tips in IN!

There are many other ways of taking drugs that don't have the harms of injecting and have some clear benefits.

For example, although injecting makes a drug feel stronger to start with the effects don't last as long as with other methods.

No matter how you take your drugs, you will get the same result in the end. Some other methods may even work better.

That's certainly something to think about.

Another advantage of other methods is that, apart from smoking, there is no equipment to maintain or sterilise. However please note that other ways of using do have their own risks – like capillary damage or lung damage that need to be managed. More on this in later issues of IN!

ALTERNATIVES TO INJECTING INCLUDE...

EATING OR DRINKING (stirred in liquid)
aka Oral, Swallowing, Dropping

Better method than injecting for drugs made to be swallowed like pills (benzos or opiates). Crush to a powder first, wrap in toilet paper, swallow, then try to eat something soon after to get the digestive juice flowing. Also works well with stimulants.

UNDER THE TONGUE
aka Sublingual, Parking

Effective because there are a lot of capillaries under the tongue so drugs go straight into the bloodstream.

INHALING SMOKE VIA PIPES, FOIL, CIGS/ROLLIES ETC
aka Smoking, Puffing, Spotting. Choofing, Chasing the dragon

Can work well and be more effective, especially with stimulants.

INSIDE THE ANUS/VAGINA OR NOSTRIL
aka Booty bumping, Shafting, Shelving
aka Snorting or Bumping

These work because of the high concentration of capillaries in these areas of the body. It's a safer option, even with pills that have coatings and a lot of fillers.

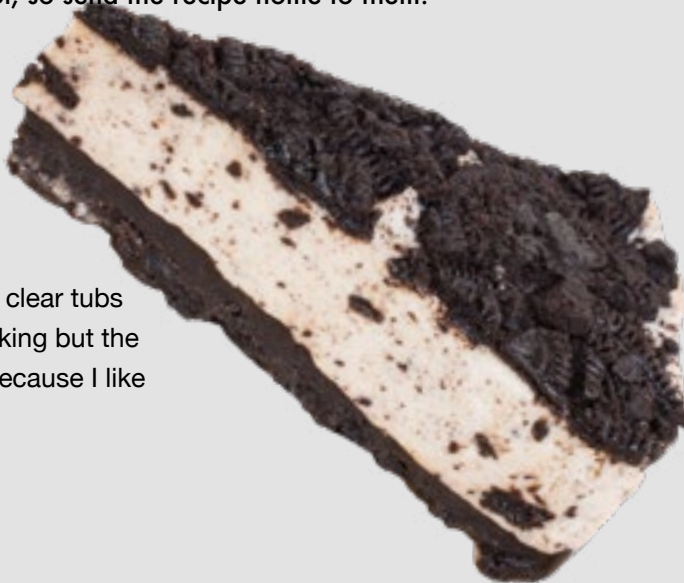
Amazing Double Decker White & Chocolate Oreo Cake

Mick sent us this amazing cake recipe that is a crowd pleaser at his jail. You only need a microwave. It feeds 8 and the estimated cost from the buy-up is \$17. Mick suggests to help cover costs that you invite people to buy an ingredient from the buy-up to contribute – that gets them a share in the cake. He only gives people 1 chance to be in the cake mob. If someone doesn't come through with their promised ingredient, they are off the list forever!

Mick also says: If you've got kids, they'll think a cake made of bikkies and soft drink is pretty cool, so send the recipe home to them!

Ingredients

2 x Oreo Biscuits
2 x Lemonade
1 x White Chocolate Block
3 x bowls (you can use the clear tubs most inmates have for cooking but the red round one is my fave because I like a circle cake)
1 x red plate
1 x red jail cup (ie 250 mls)
1 x spoon
1 x knife
Microwave



Method

Start by scraping the white cream filling out of the cookies and put into a bowl for later.

Crush half of the biscuits (one box, ie 2 tubes) into the main bowl that you will cook the cake in.

Then crush the other half of the biscuits into a different bowl and put aside for later. Don't mix up the 2 packets, keep separate.

In the main cooking bowl add 1 red jail cup of lemonade (250mls) to the crushed biscuits and mix it up good.

Then put the mixture in the main bowl into the microwave for 5 minutes then let it set for 10 minutes.

After 10 minutes grab a plate, put it on top of the main bowl, flip it all over and then slam it onto the table. The cake should come out perfect.

Take the cream filling from the Oreo bikkies, put it into the microwave for 30 seconds and then spread it all over the cake.

Then put the second lot of crushed bikkies into the main bowl, add a cup of lemonade (250mls) and mix it up well (the same way that you made the first bit of cake).

Microwave for 5 minutes then let the cake sit for 10 minutes.

Grab your plate, put it on top of the bowl, flip it, tap it and you will have the second part of your cake.

Carefully put the second part of the cake on top of the first part of the cake.

Melt the white chocolate block and spread it on the cake. It's really messy but don't stress, keep spreading the chocolate up and down the sides of the cake.

When its covered, put the cake into the fridge for around 2 hours.

Cut into 8 slices. Serve to your close mates.



**BE A STAR!
GET
PUBLISHED IN
INSIDER'S
NEWS**

SHARE YOUR EXPERIENCE!

Shh! We never print real
names and will protect your
identity.



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